

Lehi Community Council Newsletter

JULY 2008

Resistance Skills Asset # 35

Goal: To resist negative peer pressure and avoid dangerous situations.

Before you decide what you won't do, you need to be clear on what you believe and why. Youth can talk with parents or adults they trust about values and beliefs. We can make a list . Start each line with "I believe..." Read and reread your list and make changes until it feel right to you. Now you know what to stick up for, say no to, and say yes to.

Resisting negative and dangerous situations takes self-confidence and assertiveness skills. Be firm yet respectful. You don't bully or back down. State your position calmly and don't back down even if you are teased. Don't wait until you in a tough situation to assert yourself. Be the one to talk others into doing the right thing.

Place to be to watch the Fireworks

Watching the fireworks on the 4th of July is a tradition. Here are some locations in Utah County for the best seats.

Lehi- Thanksgiving Point

Pleasant Grove- Pleasant Grove High School

Provo- Fox Field, Provo Temple, Anywhere in view of BYU Stadium of Fire.

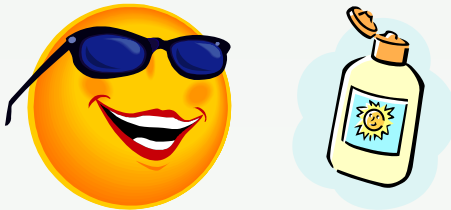
Fireworks start at dusk or 10:00pm



Inside This Issue :	Pg.
Lehi Living Green	2
Hutchings Museum	3
Lehi Arts Center	4
Utah County Senior Services	4
Boy Scouts of America	5
Lehi Police Department	5
Calendar	6
Volunteer Opportunities	6
Other Information "Not to be Overlooked"	7
Contact Newsletter Coordinator	7

Living "Green" in Lehi

Look for a new article each month about Living Green in Lehi . We will represent the many aspects of "GREEN" . We'll cover recycling, technology, home and garden, food and health, transportation & our positive impact on the world in which we all live.



Sunscreen

Which one is right for your family?

Skin cancer is the most common of all cancers in the U.S., and as many as one million people are diagnosed with it every year. Despite these high numbers, skin cancer is preventable with proper protection.

Mineral Ingredients

Titanium dioxide and zinc oxide are minerals that physically block ultraviolet (UV) rays from reaching your skin, as opposed to other sunscreens that use chemicals to absorb UV rays. Minerals are considered the best protection against sunburn because they block both UVB rays (which cause sunburns) and UVA rays (which cause skin aging and cancer). Chemical sunscreens, on the other hand, don't always protect against UVA. And some break down in sunlight in as little as half an hour, while also interfering with your hormonal systems (see The Backstory http://www.thegreenguide.com/products/Personal_Care/Sunscreen/4

All the sunscreens listed on our Product Comparisons page[http://www.thegreenguide.com/products/Personal_Care/Sunscreen/3] use either titanium dioxide, zinc oxide or a combination of both. None contain chemical sunscreens.

Protection Rating

SPF (or sun protection factor) is an FDA-regulated rating system that represents how long it will take for exposed skin to burn with the sunscreen applied. For example, if your unprotected skin usually burns in 10 minutes, a sunscreen with an SPF 15 would prevent a sunburn for 15 times that length of time, or 150 minutes (two and a half hours). However, SPF only rates UVB rays, not skin damaging UVA rays. For that reason, never rely entirely on a sunscreen's SPF, and look for products that advertise "broad-spectrum protection," which means it protects against both types of rays.

Fabrics and sun-protective clothing are rated according to UPF (ultraviolet protection factor), which measures how well these items prevent sunburn in the same way that SPF does. While UPF does apply to both UVA and UVB rays, UPF claims aren't federally regulated, as SPF ratings are.

Nano-sized or Micronized Particles?

The primary drawback to sunscreens with titanium dioxide or zinc oxide is that they can leave a white tint on your skin. To make the lotions transparent, manufacturers shrink titanium dioxide or zinc oxide particles down to nano-sized particles --less than 100 nanometers (nm); for comparison, a human hair is about 80,000 nm in diameter. Because smaller particles can act differently than larger particles when they enter the body, these nano-sized particles have been cause for concern: Research indicates that nanoparticles of titanium dioxide are small enough to bypass your body's "blood-brain

barrier" (a natural defense against foreign substances in the bloodstream) and enter the brain where they can damage brain cells. Larger particles, however, are blocked by that barrier and don't pose this problem. Fortunately, a 2006 Australian government literature review on the topic found that neither titanium dioxide nor zinc oxide penetrate the skin deep enough to actually enter the bloodstream, and most scientific evidence supports the fact that nano-sized particles of these ingredients are often trapped in the outer layer of the skin and not absorbed (they should always be avoided when used in powders that may be inhaled). However, if you'd rather err on the side of safety, opt for sunscreens that use micronized ingredients (particles larger than 100 nm), which are mostly transparent but may still offer a slight tint.

Product Comparisons

Skin cancer is the most common of all cancers in the U.S., and as many as one million people are diagnosed with it every year. Sunscreens and other sun protection products can help prevent skin cancer, but some products don't protect you as well as they should. Choose one of the mineral sunscreen lotions or clothing items below for effective sun protection.

Wondering what these table headings mean? They're the criteria we used to choose and evaluate the products in the chart, just click here...http://www.thegreenguide.com/products/Personal_Care/Sunscreen/3

This information and more can be found at: [http://www.thegreenguide.com/products/Personal_Care/Sunscreen?](http://www.thegreenguide.com/products/Personal_Care/Sunscreen?email=gg_20080521)
[email=gg_20080521](mailto:gg_20080521)



Come see the Frank Gehry Model From June 23rd to July 15th

Plans for an ambitious development slated in Lehi continue to move forward. Utah County entrepreneur Brandt Andersen, who also owns the NBA Development League's Utah Flash, has engaged world-renowned architect Frank Gehry to design the project.

The development will introduce Gehry's modern and artistic style to Utah County's gateway community. Andersen's vision themes the 85-acre project around action sports and healthy living. The master plan calls for two wakeboarding lakes and an arena for his NBA Development League team. A five-star hotel, amphitheater, residential and retail space are also included in the master plan. At 450 feet tall, the hotel will become the tallest building in Utah. Additionally, more than 70-percent of the site will be preserved for water or green space.

Gehry's architectural career has spanned four decades, producing public and private buildings around the globe. His recent projects of note include the Guggenheim Museum in Bilbao, Spain; the Walt Disney Concert Hall in Los Angeles, The Experience Music Project in Seattle and the Millennium Park Pavilion in Chicago. He is also currently designing projects in Panama City, Las Vegas and Brooklyn, New York.



Scouts may earn their Hutchings

Museum Scout Patch through a self-guided tour, "The Treasure Hunt for Scouts." Tours are available Tuesday through Friday. Latest tour begins at 4 pm each day. Call 768-7180 or go to the website for more info.

www.hutchingsmuseum.org

GREAT FOR SUMMER !

July 2008			
July 8th and July 9th 1:00 pm to 5:00 pm each day.	Beat of the Drum Jr.	Come learn all about Native American food, culture, rock art, pottery, dancing, hunting, and teepee life. Each child will take home crafts and a flute.	Ages 6 to 10 (2 days) \$30.00
July 10th and 11th 1:00 pm to 5:00 pm each day.	Beat of the Drum (Native American Life/ Nature Survival)	Make your own Atl-Atl. Learn how stone arrowheads, spears, and knives were made. Learn how to use plants to make rope, clothes, baskets, and flutes. How and why of the flute, Medicine Bags, Native American foods, Dances, and much more! Each child will take home crafts and a flute.	Ages 10 and up (2 days) \$30.00
July 15th 1:00 to 5:00 pm	American Girls and Boys	Come learn about the life of American children from different periods of time. We will go back in time and discuss some American Girl books and play American Girl games. Along with crafts and a tea party! Please bring your dolls and let your brothers know they are welcome!	Ages 8 to 10 \$15.00
July 16th 12:00 to 1:00 pm	Lance Neilson - Master Magician - featured during Round Up	Lance Neilson - Master Magician - will be offering a one hour magic class where he will teach children 10 and up slight of hand and illusion techniques. Each child leaves with his phenomenal Magic Trick book and tricks up their sleeves, behind their ears, and under their thumbs!	Ages 10+ \$10.00

Year At-A-Glance

July Nature and Native American Summer Camps

October 6th. Magical Wizard Museum

November 11th. Veteran's Day Commemoration

December 13th. Gifts of Nature at the Community Christmas Celebration.

Our **Arts in the Park** series will be held at Wines Park (500 North Center Street).

In case of inclement weather it will be at the Lehi Arts Center (685 North Center Street).

For any other questions call Jean, 369-8780

Summer Line-up Sunday Evenings at 7 p.m.

July 6- TBA

July 13- JaNae Kotter and Friends Guitar Ensemble, Chorale

July 20- Lehi Silver Band, Youth Orchestra and Choir, Guitar Ensemble, Chorale

July 27- Broadway Sing Along

August 3- TBA

August 10- Stevens Party

August 17- Citrine

August 24- Joshua Creek



Utah County Senior Services <http://www.utahcountyonline.org/Dept/Seniors/index.asp>



Foster Grandparent Program

Provides older Americans the opportunity to put their life experiences to work for local communities. Foster Grandparents serve as mentors, tutors, and caregivers for at-risk children and youth with special needs through a variety of community organizations, including schools, hospitals, drug treatment facilities, correctional institutions, Head Start and day-care centers.

Utah County Health and Justice Building
151 S. University Ave., Suite 2200
Provo, UT 84601
801-851-7784 801-343-8040 (fax)
Hours: 08:00 am - 05:00 pm Mon. - Fri. except holidays



Senior Companion Program

Provides older Americans with the opportunity to apply their life experiences to meeting community needs. Senior Companions serve one-on-one with the frail elderly and other homebound persons who have difficulty completing everyday tasks. They assist with grocery shopping, bill paying, and transportation to medical appointments, and they alert doctors and family members to potential problems. Senior Companions also provide short periods of relief to primary caregivers.

Utah County Health and Justice Building
151 S. University Ave., Suite 2200
Provo, UT 84601
801-851-7767 801-851-7766 (fax)
Hours: 08:00 am - 05:00 pm Mon. - Fri. except holidays



Victim Assistance Program

There are numerous services available for victims of domestic violence and other violent crimes. Examples of this assistance include counseling, safe houses, and medical services.

Victim Assistance - Through the Lehi Victim Assistance program, assistance is offered to victims of violent crimes. Such assistance is offered to victims of domestic violence, sexual assault, child abuse, elder abuse, homicide, stalking, and harassment. Communication within the office is kept confidential and not disseminated to anyone except in cases where mandatory disclosure is required by law. All services that are provided are free of charge. The Lehi Victim Assistance Program has been designed to assist families in breaking the cycle of violence and to assist in them in becoming independent and abuse free. The program works to help families' access community resources, develop safety plans, and provide education and encouragement to make changes in their lives. The main objective is to increase the safety of every victim.

Victim Advocate Services Offered

- *Document Support* - Advocates can provide assistance to victims by helping them obtain court documents and police reports. They also assist investigators with follow-up procedures and advocacy within the criminal justice system.
- *Referrals* - Advocates can provide information and referrals pertaining to victims' rights, support groups, translation services, counseling centers, housing and financial support.
- *Direct Services* - Advocates can attend court proceedings with victims in a support capacity.

Victim Advocate - Sherrie Benson currently serves as Victim Advocate for the city of Lehi. If you need assistance or have any questions, contact Sherrie at: Office (801) 766-5800 or Dispatch (801) 851-4100

Lehi Police Dept will offer merit badge classes.

Please sign up for the following classes by calling 766-5800.



Classes	Dates	Time
Criminal Law pm	Sept. 17	7:00
Traffic Safety pm	Oct. 15	7:00
First Aid pm	Nov. 19	7:00

All classes are held at Police Department
Location: 580 West State St. Lehi, UTAH
After Hours: (801) 343-4100.

JULY 2008

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4 Independence Day	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24 Pioneer Day	25	26
27	28	29	30	31		

Adult and Youth Volunteer Service Opportunities

- * Hutching's Museum has some projects that would work well for Eagle Scout projects. Contact the Museum 768-7180
- * Lehi Family Week will meet the 4th Thursday of every month. Those looking to help in big or small ways are welcome to attend. Contact Connie Packer at 766-4029.
- * Volunteers are needed with the BSA in Lehi. Contact Lenny Wing 768-8345.
- * The Lehi Community Council is looking for volunteers for the following committees...
 - *Lehi Easter & Christmas Community Events
 - *Marriage Conference
 Contact Rick and Linda Turner 768-1102 for more info.

Other Information

“Not to be Overlooked “

UTAH ADVANCE HEALTH CARE DIRECTIVE [Living Will]

Part I: Allows you to name another person to make health care decisions for you when you cannot make decisions or speak for yourself.

Part II: Allows you to record your wishes about health care in writing.

Part III: Tells you how to revoke or change this directive.

Part IV: Makes your directive legal.

Download forms: <https://kr.ihc.com/ext/Dcmnt?ncid=520444045>

More info at: www.ihc.com

Everyone age 18 and up is encouraged to fill one out.

Thanksgiving Point

Education Department is in need of volunteers. Teen Leaders ages 14 and up will help in assisting with Summer Day Camp. Anyone interested contact Connie Packer at 369-3676.

Local Hospital is looking for DVD

movies for a visitors room to be watched by patients and their families. Children's movies would be preferred, but any movies will do. No "R" rated movies please. **Call Tim @ 801-344-4358**

To submit articles or information for this newsletter contact:

Cindy Lee Muir 801-768-3149

E-mail: cindyleemuir@gmail.com

Visit www.lehicity.com for an online copy of this newsletter.